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| **Read and follow the instructions below. Complete all boxes.** This is a required component of your Graduation Program. It is a self-assessment of your Approaches to Learning Skills.  |
| **Self-Management Skills** **Self-management involves effective organization and management of one’s time and tasks.** **Affective skills involve managing one’s state of mind. Reflective skills involve reconsidering the process of learning, choosing and using the approaches to learning skills.** |
| **Strengths:** (Read the statements on the Self-Management Skills Profile. Copy and paste 1 or more statements that describe your strengths.) |
| **Evidence of strengths:** (Describe specific examples of work you have done inside or outside of school that show your strengths in this area.) |
| **Areas for growth:** (Read the “I” statements again. Copy and paste 1 or more you would like to improve on.) |
| **Plan to develop this skill:** (What one action will you take tomorrow to improve your skills in this area? In what subject will you make this change? Who can help you improve if you need help?) |
| **Name:** **Date:****(Save this file now.)** |
| **Communication Skills****Communication involves exchanging thoughts, messages and information effectively through interaction. It also involves reading, writing and using language to gather and communicate information.** |
| **Strengths:** (Read the statements on the Communication Skills Profile. Copy and paste 1 or more statements that describe your strengths.) |
| **Evidence of strengths:** (Describe specific examples of work you have done inside or outside of school that show your strengths in this area.) |
| **Areas for growth:** (Read the “I” statements again. Copy and paste 1 or more you would like to improve on.) |
| **Plan to develop this skill:** (What one action will you take tomorrow to improve your skills in this area? In what subject will you make this change? Who can help you improve if you need help?) |
| **Thinking Skills****Critical thinking involves analyzing and evaluating issues and ideas. Creative thinking involves generating novel ideas and considering new perspectives. Transfer involves utilizing skills and knowledge amount disciplines and subject groups.** |
| **Strengths:** (Read the statements on the Thinking Skills Profile. Copy and paste 1 or more statements that describe your strengths.) |
| **Evidence of strengths:** (Describe specific examples of work you have done inside or outside of school that show your strengths in this area.) |
| **Areas for growth:** (Read the “I” statements again. Copy and paste 1 or more you would like to improve on.) |
| **Plan to develop this skill:** (What one action will you take tomorrow to improve your skills in this area? In what subject will you make this change? Who can help you improve if you need help?) |
| **SOCIAL SKILLS****Social skills are the skills involved in working effectively in collaboration with others.** |
| **Strengths:** (Read the statements on the Social Skills Profile. Copy and paste 1 or more statements that describe your strengths.) |
| **Evidence of strengths:** (Describe specific examples of work you have done inside or outside of school that show your strengths in this area.) |
| **Areas for growth:** (Read the “I” statements again. Copy and paste 1 or more you would like to improve on.) |
| **Plan to develop this skill:** (What one action will you take tomorrow to improve your skills in this area? In what subject will you make this change? Who can help you improve if you need help?) |
| **RESEARCH SKILLS****Research involves information literacy skills like finding, interpreting, judging and creating information. It also involves interacting with media to use and create ideas and information, called media literacy.** |
| **Strengths:** (Read the statements on the Research Skills Profile. Copy and paste 1 or more statements that describe your strengths.) |
| **Evidence of strengths:** (Describe specific examples of work you have done inside or outside of school that show your strengths in this area.) |
| **Areas for growth:** (Read the “I” statements again. Copy and paste 1 or more you would like to improve on.) |
| **Plan to develop this skill:** (What one action will you take tomorrow to improve your skills in this area? In what subject will you make this change? Who can help you improve if you need help?) |
| **Upload Instructions:**1. **Go to** [**http://carsongraham.managebac.com/**](http://carsongraham.managebac.com/)
2. **Log in to your account**
3. **Click anywhere on ATL Self-Assessment**
4. **Click BROWSE**
5. **Locate the saved file**
6. **Click OPEN**
7. **Click UPLOAD FILES**
8. **Log out. CONGRATULATIONS! You are done!**
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